

Warrior Sisters Collective

3-Part Boundaries during COVID-19



The Script

1. **Name the behavior** → “When you...”
2. **Say how it makes you feel** → “It makes me feel...”
3. **Direct what needs to change** → “So I need you to...”

Scenarios

1. On your break from work calls, you take a walk. During your walk, you run into a long-time friend you haven't seen since before quarantine began. Your friend of course approaches you to catch up. You explain to them immediately that you live with an immunocompromised person, and uncomfortably take a few steps back. Throughout the conversation, your friend continually closes the gap you are intentionally making, and you try to close out the conversation. You say goodbye, and your friend leans in for a hug.
 - **TLTR: your friend is trying to hug you, but you are trying to social distance**
2. You have been maintaining a firm quarantine circle limited to your household. A friend who you talk with regularly over Zoom has been following the governor's plans to reopen. They start pressuring you to hang out. “Come on, we've only had like two cases in Lane County,

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quarantine is pretty much over.” You have a health condition that puts you at risk of critical illness, and you’ve told your friend about this before. You don’t want to come off paranoid or rude, but also feel very uncomfortable with the idea of getting together.

- **TLTR: your friend is wanting to hang out, but you are worried about your health and safety**

3. You and your partner are listening to the news on the radio. They bring on public health experts to discuss the importance of maintaining quarantine and social distancing despite state and local governments’ attempts to reopen. You have a health condition and don’t feel comfortable with the reopening. Your partner is excited to hear they can return to normalcy. You tell them of your discomfort with their intentions to go out, and they respond, “We shouldn’t have to suffer for what China started. China is to blame for the virus.”

- **TLTR: your partner makes a racially loaded comment that makes you uncomfortable**

4. You’re having a really hard time with the shift to working from home. It is difficult for you to focus and you’ve asked your roommate to be considerate during work hours. Despite your request, your roommate turns your living room into a movie theatre, throughout the day and even at odd hours of the night. This is affecting your ability to do your job and feel comfortable in your house.

- **TLTR: your roommate is not respecting your space as you try to work from home**

5. Since quarantine began, your partner who previously drank a couple beers a day after work is now drinking throughout the day. The couple of times you’ve brought this to their attention, they became very defensive, at times blaming you for their uptick in alcohol consumption.

- **TLTR: your partner’s alcohol consumption is making you uncomfortable**

6. You typically do household chores like dishes and laundry. Now with your partner home all the time, they are hyper critical of the way you do your daily tasks. It seems like every time you pick up a dish, they critique the amount of soap you use, the sponge you use, the way you wash and rinse. It makes these very basic tasks really difficult, and creates a lot of anxiety for you.

- **TLTR: your partner is hyper-critical of your performance of daily chores**

7. You’ve now tripled your regular duties at home. Between maintaining a school schedule for your young kids, making sure they keep up on class meetings and assignments, and the added messes at home, you have hardly any time to complete your work. You’ve tried to set up a

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schedule where they are doing work while you try to complete yours, but the kids continually interrupt you with questions and requests. You've asked that they wait until you're done with your work, but they still don't seem to understand.

- **TLTR: your kids are not giving you mental or physical space as you try to work from home**

8. You've been working from home since the quarantine started. Even though your work was always a 9-5 job, your hours had to flex to accommodate for all of the immediate and necessary changes to moving online at the beginning of quarantine. These days, your job has found a rhythm and you are able to complete your work during 9-5 hours. Your boss, however, continues to call you late in the evening with questions and requests for work. You understood the need to be flexible at the beginning of all of this, but now you are feeling like you really need a healthier work/life balance.

- **TLTR: your boss is repeatedly contacting you outside of regular work hours while you are working from home**

9. Now that the governor has announced intentions to re-open the state, your boss has called you back in to work. You've been working successfully from home for the past two months, and don't feel like it is necessary for you to return to the office to continue being effective at your job. To top it all, you live with a person who is immunocompromised, and are worried about potentially exposing them to the virus. Your boss knows about your living situation, but is anxious to get back to "business as usual."

- **TLTR: your boss is pushing you to return to work even though you are still trying to social distance**

10. It's been two months of quarantine and you are still searching for routines and self-care rituals to help you cope with the stress of working from home and social isolation. You've started to realize that the important things in your life are those that are immediately around you, and you try to focus your energies on problems that are within your control to solve. However, your roommate has been coping by incessantly listening to the news and wanting to discuss the pandemic on a global scale. You understand that this is helping them with their anxiety, but it's actually making your own stress levels peak.

- **TLTR: your roommate's constant discussion of global news and COVID-19 is giving you anxiety**